

Use a Blood Pressure Chart for Women - Monitor Your Blood Pressure For Better Health

A blood pressure chart for women can help you understand the results of a blood pressure test. Knowing what is the normal range for your age is an important part of managing your health, especially as you get older and the possibility of health problems increases. What is considered normal is different for men and women, and also varies by age, so checking a blood pressure chart for women is very important.

Blood pressure is the term given for the pressure exerted by your blood on your blood vessels. There is no known precise cause of high blood pressure, but it is known that the viscosity of your blood and cholesterol levels do regulate it to some extent. Eating too much salt is also known to raise your blood pressure, so people suffering from high blood pressure should regulate their intake of salt carefully.

The results of a blood pressure test shows two main values, the number on top refers to the systolic pressure and the number on the bottom is the diastolic pressure. Systolic pressure refers to the amount of pressure remained during a heartbeat while diastolic measures the pressure in between beats, or when the heart is at rest. Both types of pressure are strong indicators of the condition of your body and blood pressure.

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Hypertension & Hypotension are the two main abnormalities associated with blood pressure. Hypertension is when your blood pressure is too high and is a risk to your health & hypotension refers to a condition where an individual's blood pressure is lower than is deemed natural. Although both conditions can be dangerous, individuals suffering from hypertension run a much higher risk of possibly fatal side effects of the condition.

Hypertension is divided into two categories, primary and secondary hypertension. While in primary hypertension there is no known underlying medical cause, secondary hypertension can be a symptom of a variety of conditions, including kidney disease & endocrine diseases like Cushing's syndrome. About 10% of pregnant women experience hypertension during their pregnancies & it is one of the symptoms of pre-eclampsia, a condition that is responsible for 16% of maternal deaths in the US.

Some of the most common symptoms of high blood pressure in women include frequent headaches, nausea, dizziness, vomiting, shortness of breath, chest pains and blurred vision. If you suspect you might be suffering from high blood pressure it's important that you check it out as soon as possible. Information about symptoms of this disease is available at

Many pharmacies have do-it-yourself blood pressure cuffs. This allows you to test yourself and check your results on a blood pressure chart for women without wasting a trip to the doctor.

High blood pressure shouldn't be taken lightly. The risk of aneurysms, stroke and heart attack increases exponentially in patients who suffer from the condition. Checking your blood pressure often, even if you haven't been diagnosed with hypertension, should be a regular part of your health routine.

Thanks to the presence of blood pressure cuffs in many pharmacies and shopping centers, it is now possible to test your blood pressure regularly without racking up a massive bill. By checking your results against a blood pressure chart for women you can be sure you aren't developing high blood pressure and lower your risk of heart attack and stroke.

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